

## SPOKE





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Letters are welcome

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COMMENTARY

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### Taking back the night

Women in Waterloo Region take part in anti-violence march



Mody Story 1984



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LEARNING

Other

"I want a % in Math this term."

Whatever your answer, Math Service is available. Service is FREE. Book an appointment or drop-in.

Visit the Learning Commons (2A103) OR call

FEATURE





### Regal display at LINK show

### Elaborate carnival costumes modelled

The international of the inter



### Kitchener organization aims to beat breast cancer



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#### COUNSELLOR'S CORNER: DEPRESSION

Most of us have experienced waking up in a bad mood or "feeling the blues". These feelings are usually of short duration and have minimal impact on our lives. Some people experience sadness loneliness, hopelessness, self-doubt, and quilt for weeks, months and even years. These experiences characterize depression, an liness helieved to affect one in ten

- Here are some signs which might indicate that you or someone you care about is expenencing depression.
- FEELINGS-loss of joy in formerly pleasurable activities; crying a lot or feeling emotionally "empty"; hopelessness; worthlessness; loss of warmth towards key people in life: loss of sexual desire: deep sense of shame or self-doubt
- PHYSICAL overwhelming exhaustion and lack of energy: insomnia or sleeping too much: loss of appetite or over-eating; physical aches and pains; digestive problems; headaches.
- BEHAVIOUR- imitability withdrawal: neglect of responsibilities or appearance: reduced concentration, memory or ability to cope with daily activities.

If these symptoms persist, or if their intensity is causing you to consider suicide as an option, it is important to seek assistance with a knowledgeable professional immediately at 1-844-HERE 24/7. On campus, counsellors are available in Counselling Services (1A101): a nurse and doctor are available in Health. Services (1A102).

#### Mental Health Awareness Week October 5-11, 2014

A Message from Counselling Services

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SEE VIDEOS AT WAVE SPONZOULINE COM







### **APA INFO**

**Drop in** to the Learning Commons with your questions.

### 2A103 Doon

Tuesdays	12:00 - 2:00
Wednesdays	11:00 - 1:00
Thursdays	12:00 - 2:00

### Condors crush opponents









